

PLATEAU GOBBLER GALLOP

Saturday, November 25, 2006

Part of 28th Annual Tennessee State Park Running Tour

CUMBERLAND MOUNTAIN STATE PARK, Crossville TN. Park info 931-484-6138.

Directions: From Nashville take I-40 East to the Crossville exit 317. Go 9 miles through Crossville on Hwy 127. Follow Hwy 419 into the park. Turn left at the bridge to the Restaurant.

Start and Finish: at the Park Restaurant. The 6.8 miles race starts at 11:00 AM central time.

Course: starts at parking area to turn right across the dam, then turns right to a turnaround at swimming pool lodge. Back on Hwy 419 up to the right on Hwy 127. Turn right on Old Mail Rd, then right on Coon Hollow Ln. Turn right across the field to connect with Park Rd. Every mile is marked.

Long Sleeve T-shirt: guaranteed to all pre-registered runners.

Awards: Five-year age groups with 3 awards in each category from under 20 to 65+. Special awards to overall male and female winners.

Pre-registration Deadline: November 4, 2006. Race day registration from 9:30 to 10:45 a.m.

Race Director: Tony Cox, Frostbite Running Club (615-773-8785). Email: Tcox@tntech.edu.

Entry Fee: \$ 15.00 payable to Gobbler Gallop
or \$ 5.00 without shirt
(Late fee without T-shirt \$ 10.00)

Mail registration to: **Gobbler Gallop**
4000 Old Lebanon Dirt Rd
Mt Juliet, TN 37122

Registration GG Name_____

Address_____ City_____ Zip_____

Age (on race day)_____ Gender _____ T-shirt Size (circle) S M L XL No Shirt

E-mail or Phone: _____

Entry fees are non-refundable. Awards and shirts will not be mailed.

Waiver of Liability. In consideration for accepting my entry, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the Tennessee Department of Environment and Conservation and the Frostbite Running Club or RRCA. I also release the above named for all claims of damages, demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition in the 2006 Plateau Gobbler Gallop Run. I hereby grant the Tennessee Department of Environment and Conservation and all sponsors permission to use my name, photograph and likeness in any broadcast, telecast, or media account. In filling out this form, I acknowledge I have read and understand my ability.

Signature_____ Date_____

(Parent signature for runners under the age of 18)